

OPERATION IRAQI FREEDOM

Re-Deployment Medical Threat Briefing



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Re-deployment Medical Briefing

- **Purpose of this briefing**
- **Background on health concerns**
- **Health threats from this region**
- **Re-deployment medical requirements**
- **Homecoming Stress**
- **Summary and where to get more infor**



Purpose of this briefing

To ensure that any concerns you may have about your health are addressed and that you understand the medical requirements for re-deployment.



Background

- **Over 300,000 US and Coalition Forces are re-deploying from support of Operation Iraqi Freedom.**
- **Of utmost importance is force health protection and addressing concerns you might have about your health.**



Medical Requirements for Re-deployment

- This post-deployment medical threat briefing
- Completing the Post-Deployment Medical Health Assessment (DD Form 2796)
- Receiving post-deployment medical screening (of 2796), testing, and follow-up
- Continuing malaria medication for 4 weeks
- Understanding where to go for health problems or concerns

Medical Threats for the Region

- Threat Categories

- Infectious
- Vector borne
- Animal associated
- Environmental

- Diarrheal diseases
- Tuberculosis
- Malaria
- Dengue
- Meningococcal Meningitis
- Leishmaniasis
- Q-Fever
- Rabies
- Sandfly Fever
- Schistosomiasis
- Typhoid/Paratyphoid
- Typhus
- Boutonneuse Fever
- West Nile Fever
- Leptospirosis

Common Health Problems Reported

The most commonly reported health problems observed in theater:

- Upper respiratory illness
- Diarrhea

Upper Respiratory Illness

- Can be caused by a number of different things, viruses, bacteria, dust particles
- The contributing factors are close living quarters, variation in sleep routine, stress, change in hygiene habits
- Symptoms resolve in a few days
- If you are experiencing signs of upper respiratory illness like draining sinuses, sore throat or cough, for more than 2 weeks, please seek medical attention.

Diarrheal Diseases

- It is normal for almost everyone to have some gastrointestinal disturbances during deployment or during redeployment due to changes in diet and eating habits
- Can be caused by bacteria, viruses, or parasites
- If you currently have diarrhea symptoms (loose watery stools, more than 3X per day) Please please speak to a health care provider

Infectious Diseases: STDs/Bloodborne

- Sexually Transmitted and/or Bloodborne Diseases
 - HIV/AIDS
 - Gonorrhea
 - Chlamydia
 - Syphilis
 - Hepatitis

If you abstained from sexual contact while deployed, you are not at risk for STDs

Infectious Diseases: Tuberculosis

- Tuberculosis rates in Iraq are some of the highest in the world.
 - Caused by a bacteria spread by coughing, sneezing, speaking, or spitting from infected persons
- Symptoms
 - Cough continuing for a long time, chest pain, weight loss, night sweats, fever, and weakness
- The Tb skin test will show if you have been exposed to someone with active disease, not necessarily that you have the disease

Infectious Diseases: Malaria

- Blood parasite transmitted by mosquitoes
 - Many Iraqis infected
- Symptoms
 - Incubation period: 8-14 days
 - Symptoms: fever, flu-like illness, chills, headache, muscle aches, and fatigue
 - Can be fatal
- It is CRITICAL that you continue to take all anti-malarial medication exactly as prescribed. If you do not you can still become sick!



Infectious Diseases: Leishmaniasis

- A protozoal parasite transmitted by sand fly bites
- Symptoms
 - Non-healing sores in nose, mouth, and throat
 - sometimes - fever, weight loss, anemia, swelling of spleen and liver
 - Can be fatal
- If you are experiencing any of these symptoms, make sure you speak to a health care provider!



Sand flies are very small - only one-third the size of mosquitoes.



The background of the slide is a close-up, slightly blurred image of the American flag, showing the stars and stripes. The stars are white on a blue field, and the stripes are red and white.

Animal Associated Diseases

- Naturally occurring Anthrax
- Rabies

Anthrax

(Naturally Occurring)

- No exposure to bioagent Anthrax reported
 - Bacteria transmitted by animals, animal hides or contaminated meat
- Symptoms
 - On skin – starts as a bump  blister 
ulcer, swelling, and fever
- If you have an ulcer with a black scab or that has had a difficult time healing, please make sure you speak to a health care provider

Rabies

- The wild dogs roaming troop areas in Kuwait and Iraq could be carrying rabies
- Caused by virus in the saliva of infected mammals or bats
- Rabies is 100% fatal
- If you were bitten by a dog, or any other animal, post exposure treatment must be started immediately

Other Disease Threats

- Other less common infectious diseases are covered in your ***Medical Threats for missions in support of Operation Iraqi Freedom*** tri-fold

Environmental Threats

- Environmental assessments conducted at all base camps in Kuwait
- Radiation surveys: no health hazard detected
- Air, soil and water analyzed for pesticides, chemicals and heavy metals
 - Results: No harmful chemicals in air, soil or water
- Particulate matter (dust) levels were a moderate hazard
- Smoke from battlefield and oil well fires was not a health hazard

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Environmental Threats: Dust

- Dust levels are consistently higher than other areas of the world
- Similar to many industrial areas in the US
- No harmful chemicals detected in the soil or air
- Can cause runny nose, sore throat and cough; may worsen allergies
- Symptoms resolve in a few days

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Post Deployment Requirements

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Post Deployment Health Assessment Form



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POST-DEPLOYMENT Health Assessment

Authority: 10 U.S.C. 136 Chapter 55, 1074f, 3013, 5013, 8013 and E.O. 9397

Principal Purpose: To assess your state of health after deployment outside the United States in support of military operations and to assist military healthcare providers in identifying and providing present and future medical care to you.

Routine Use: To other Federal and State agencies and civilian healthcare providers, as necessary, in order to provide necessary medical care and treatment.

Disclosure: (Military personnel and DoD civilian Employees Only) Voluntary. If not provided, healthcare WILL BE furnished, but comprehensive care may not be possible.

INSTRUCTIONS: Please read each question completely and carefully before marking your selections. Provide a response for each question. If you do not understand a question, ask the administrator.

Demographics

Last Name

First Name

MI

Deployed Unit

Gender

- ☐ Male
☐ Female

Service Branch

- ☐ Air Force
☐ Army
☐ Coast Guard
☐ Marine Corps
☐ Navy
☐ Other

Component

- ☐ Active Duty
☐ National Guard
☐ Reserves
☐ Civilian Government Employee

Location of Operation

- ☐ Europe
☐ SW Asia
☐ SE Asia
☐ Asia (Other)
☐ South America
- ☐ Australia
☐ Africa
☐ Central America
☐ Unknown

Deployment Location (CITY, TOWN, or BASE):

List country (IF KNOWN):

Name of Operation:

Today's Date (dd/mm/yyyy)

Social Security Number

DOB (dd/mm/yyyy)

Date of arrival in theater (dd/mm/yyyy)

Date of departure from theater (dd/mm/yyyy)

Pay Grade

- ☐ E1 ☐ E2 ☐ E3 ☐ E4 ☐ E5 ☐ E6 ☐ E7 ☐ E8 ☐ E9
- ☐ O1 ☐ O2 ☐ O3 ☐ O4 ☐ O5 ☐ O6 ☐ O7 ☐ O8 ☐ O9 ☐ O10
- ☐ W1 ☐ W2 ☐ W3 ☐ W4 ☐ W5 ☐ Other

Administrator Use Only

Indicate the status of each of the following:

- | Yes | No | N/A |
|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
- Medical threat debriefing completed
- Medical information sheet distributed
- Post-Deployment serum specimen collected, if required

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PLEASE FILL IN SOCIAL SECURITY #

Health Assessment

1. Would you say your health in general is: ☐ Excellent ☐ Very Good ☐ Good ☐ Fair ☐ Poor
2. Do you have any unresolved medical or dental problems that developed during this deployment? ☐ Yes ☐ No
3. Are you currently on a profile or light duty? ☐ Yes ☐ No
4. During this deployment have you sought, or intend to seek, counseling or care for your mental health? ☐ Yes ☐ No
5. Do you have concerns about possible exposures or events during this deployment that you feel may affect your health? ☐ Yes ☐ No

Please list your concerns:

6. Do you currently have any questions or concerns about your health? ☐ Yes ☐ No

Please list your concerns:

Service Member Signature

I certify that responses on this form are true

Post-Deployment Health Provider Review (For Health Provider Use Only)

After interview/exam of patient, the following problems were noted and categorized by Review of Systems. More than one may be noted for patients with multiple problems. Further documentation of problem to be placed in medical records.

REFERRAL INDICATED

- ☐ None
☐ Cardiac
☐ Combat / Operational Stress Reaction
☐ Dental
☐ Dermatologic
☐ ENT
☐ Eye
☐ Family Problems
☐ Fatigue, Malaise, Multisystem complaint

- ☐ GI
☐ GU
☐ GYN
☐ Mental Health
☐ Neurologic
☐ Orthopedic
☐ Pregnancy
☐ Pulmonary
☐ Other

EXPOSURE CONCERNS (During deployment)

- Provider see questions 5&6 on this form
- ☐ Environmental
☐ Occupational
☐ Combat or mission related
☐ None

Comments:

I certify that this review process has been completed.

Provider's signature and stamp:

Date (dd/mm/yyyy)

End of Health Review

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Post Deployment Health Assessment Form

- DD Form 2796 must be completed prior to departing for home station
- Side 1 Administrative information
 - Deployment location
 - Country, list all
 - Operation Iraqi Freedom

You will need your DD 2796 to out-process from theater

Post Deployment Health Assessment Form

- Side 2 Health Assessment
 - Answer as to how you are feeling today
 - Indicate if you have questions or concerns; this will not effect your departure date
 - Signature verifies you completed the form
- *You will need your DD 2796 to out-process from Theater*

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Preventive Measures Required

- Tuberculosis Skin Test
 - A skin test on the forearm to show if you have been exposed to tuberculosis
 - Delayed onset of positive test in some folks requires that you be tested twice:
 - At the time of redeployment
 - At 3-6 months after redeployment
(Date will be indicated on your DD Form 2796)
 - You must return 48-72 hours after the injection to have the test read by a health care professional



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Malaria Medication

- Complete all malaria medication given to you!
 - Continue daily Doxycycline for 4 weeks after departure
 - Begin Primaquine on day of departure, take 15 mg per day for 14 days
 - For 2 weeks after deployment you will be taking Primaquine together with Doxycycline
 - **Failure to complete malaria medication can result in malaria infection after deployment***

Blood Donation

- If you get malaria you will be deferred from donating blood for 3 years

Soldiers who have been to malarious areas (Iraq), cannot donate blood for 1 year after departing the area and after stopping malaria medication.



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Directions for post-deployment health questions and concerns

- Step 1
 - Contact your local MTF for problems, questions, or concerns noticed after re-deployment.
- Step 2
 - If you feel ill, your primary health care provider can do an initial assessment. If symptoms persist or your condition is not improving, request a referral to a specialist.
- Step 3
 - The DoD Deployment Health Clinical Center is always available to answer your questions

DoD Deployment Health Clinical Center

**Walter Reed Army Medical Center
6900 Georgia Avenue, NW
Building 2, Room 3G04
Washington, DC 20307-5001**

Phone: (202) 782-6563

Fax: (202) 782-3539

Toll Free Help Line: (866) 559-1627

<http://www.pdhealth.mil>

Remember “deploymenthealth.mil”

Reunion with family and friends

- Reunion is a part of the deployment cycle and can be filled with joy and stress.
- Refer to the ***A Soldier and Family Guide to redeploying*** for things to remember during reunion with family and friends.
- Chaplains and counselors are available to help cope with homecoming stress



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Summary

- Background
- Post Deployment Requirements
- Potential health threats
- Completion of DD Form 2796
- Where to go for health information
- Homecoming Stress

Conclusion

It is important to the US military and the Nation that you enjoy good health as you rejoin your family and friends upon return to home station.

If you have health problems or concerns, it is critical that you let someone know. It will not delay your departure for home station.

Are there any questions?